

## HEALING POWER AND LAW OF ATTRACTION IN THE WORKS OF RHONDA BYRNE: A PERSPECTIVE

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### ABSTRACT

*The journey of life is strewn with plethora of unfavorable circumstances and stormy happenings, where faith trembles, thoughts become vague, actions stationary and dreams immaterialized. People in the present era lack self-insight as they are not aware of conflicts and unconscious forces in the mind. Modern men is living in a social climate where certain factors affects his mental equilibrium such as lack of social security or an increase in self-doubt as he strives to satiate unrealistic expectations of a materialistic society. As Rhonda Byrne in *The Secret* says: “The universe is a mirror and the law of attraction is mirroring back to you your dominant thoughts”. Everything rests on thought. They are the building blocks of life. The whole world, nation or society can be changed with just an idea or a thought. The law says ‘What one thinks one becomes that’. The present paper is thus an attempt to trace the power to heal the confused state of one’s mind through the law of attraction suggested by Rhonda Byrne and move to the plane of happiness. The author strongly says that happiness is emotional comfort that is to feel at ease within oneself. To create happiness, to lead a happy life is just a choice to make with the right thought.*

**KEYWORDS:** *Happiness, Dream, Law, Attraction, Emotions, Choice & Thoughts*

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### INTRODUCTION

Rhonda Byrne is an eminent Australian writer born in the year 1945 to parents Ronald and Irene. She is a new age writer who has authored the books - *The Secret*, *The Power*, *The Magic*, and *the Hero*. *The Secret* (2006) her new thought book was a huge success which was followed by a film she produced of the similar name *The Secret* viewed by millions of viewers across the world. Both drew grand sums of money worth Rs three hundred million dollars. It emphasizes on positive thinking which entails the principle of the “Law of Attraction” meaning “Like attracts likes”. In this book she gives a secret to relationship, love, money, house and success. It has sold more than nineteen million copies worldwide and has been translated into forty six languages. It has a huge impact on readers around the world with thoughts and positive messages gleaned in the book that can shape people’s lives. Her work *Power* (2010) was produced in a sequel to *The Secret*. It entails the theme of love. She reckons love as the most powerful force in the universe that can heal everything which is also based on the Law of attraction. She says that the power of love can open abundance of health, wealth, relationship and success. *The Magic* was published in the year 2012. It operates on the theme of gratitude. The law of attraction works through the power of gratitude. If one feels grateful for one already possess, the law of attraction will attract more of that and bring it to one’s life. Gratitude opens the way to abundance of money, health, wealth, relationship and material accomplishments. It helps in overcoming the negative thoughts and let the flow of positive thoughts in mind. *The Hero* was published in the year 2013. It dwells on the lives of twelve influential living people of the world. Their

qualities and vision can become inspiration for readers around the world. It can unveil true potentialities of people and let discover the true hero that lies embedded in each one of them. Rhonda Byrne has an uncanny ability to bring about the best in everything. She has lent hope and faith to readers and many across the world with her discovery of law of attraction. It has brought about positive changes in the lives of the people with regard to health, career and relationship. She is one of the most influential writers in the present scenario who leaves an indelible impression in the minds of readers that cannot be erased easily.

## CONTENT

The journey of life is strewn with plethora of unfavorable circumstances and stormy happenings, where faith trembles, thoughts become vague, actions stationary and dreams immaterialized. People feel lack of abundance of health, wealth, money, success and relationships. They strive for power, strength and inner fulfilment. Rhonda Byrne unfolds the secret to the invisible power of mind that can change everybody's destiny. Her work *Secret* is a bestselling 2006 self - help book which has reached a landmark with more than nineteen million copies sold worldwide, two million copies sold alone in the U. S. A. and has been translated into forty six languages. She unveils secret to abundance through the law of the universe entailing law of attraction that governs everybody's life. Rhonda Byrne's *The Secret* generates strong spiritual faith in individuals that makes one believe that there is much more to life, the world, and one's place in the universe which is perceived through the senses.

People in the present era lack self-insight as they are not aware of conflicts and unconscious forces in the mind. Happiness quotient lies in self introspection. The new age philosophy intends to make one access to one's thoughts and feelings. As Buddha says: All that we are is the result of what we have thought. It is founded on our thoughts; it is made up of our thought". The law of the Universe says, "What you think, you become that" and this is followed by all successful people and also by ancient sages or saints, great warriors and successful business people. Thoughts need to be nurtured and programmed properly as they have the power to build or destroy. As Rhonda Byrne in the *secret* says: "Thought become things". The Law of attraction entails the laws of cause and effect. As James Ray in *The Secret* Says: "If the words "I can't afford it" have passed your lips, your power to change that is now. Change it with, "I can afford that! I can buy that!"

Modern men is living in a social climate where certain factors affects his mental equilibrium such as lack of social security or an increase in self doubt as he strives hard to satiate unrealistic expectations of a materialistic society. He faces the problem of ill health, relationship, and success since he does not remember his true source of energy and forgets that he is a part of unlimited energy that is Divine energy. There is an abundant supply of energy in the world if one was to receive it. So it is necessary to tune the thought to the frequency of true energy and remain aligned with it.

The Thesaurus gives a long list of synonyms for the word prosperity. It says, affluence, good fortune, luxury, plenty, riches, success, a good life, wealth, general well-being etc. Swami Turiyananda one of the greatest disciple of swami Ramakrishna Paramhansa and Swami Vivekananda says, "Today's imagination is tomorrow's realization". Imagination plays a great role in shaping lives. Only the good thoughts and actions in the present be nourished and nurtured so that it makes one more and stronger. Great men are great because they thought to be great. They all are great because they all embrace the concept of contemplation which is a source of creative process. Rhonda Byrne in *The Secret* unravels the secret to abundance that works through creative process as she reveals: "Creative process works on the three principles "Ask, Believe and Receive.

The belief or faith that one can accomplish the desired goal cannot emerge unless one has faith in one's own abilities and power. Therefore Swami Vivekananda says: "All power lies within you". When one develops a firm belief in oneself that he would get what he had aimed at, his energy gets aligned with the true source which is a source of infinite possibilities. Since everything comes in response to the vibration energy or frequency that one sends to the universe. The thing is that one needs to connect to it. As Dr Wayne Dyer in *Stop the Excuses* says that any kind of lack indicates an alienation from the source (God or the universe) therefore he suggests "It's already here; I just need to connect to it. Nothing can stop thy creative ideas from materializing. I have banished all doubt". One's entire being must get aligned with a true source of energy which can materialize or fulfill all the desired thoughts or set goal. That energy is flowing unseen, visible and is felt visible when it reflects back in the form of materialization of goals or desired thoughts. As Rhonda Byrne in the *The Secret* says: "The universe is a mirror and the law of attraction is mirroring back to you your dominant thoughts".

Rhonda Byrne talks about the third principle of creative process that is "Receive." She says: "Step three, and the final step is to receive, Begin to feel wonderful about it. Feel the way you will feel you will feel once it arrives. Feel it now". The imagination plays a greater role in life. Once the imagination is triggered or programmed to contemplate on the thought that one wants to accomplish. The thoughts envelop the centre and develop an idea that one has boundless energy to do anything. The whole environment surrounding one will be surcharged with energy that emits frequency that everything is possible that one dreams about. One is an energetic person and possesses all the vitality and liveliness to accomplish anything. Such an attitude or willingness moves one with an unlimited vigor. It will give an arise of feelings that oneself is at the receiving end of getting all the things and would find great peace and solace in believing that one is going to receive all that when it is aligned with highest aspirations of oneself.

Genevieve Behrend an eminent new age author gives the example of herself when she had been left with little money, money enough just to live on after her husband's death. She pictured a mental image of counting out twenty1000 dollar bills every night and morning and believed in Divine affluence. She did not ponder over how to get it and just let the law of attraction work. Her ideas rest on three words Ask, Believe and Receive as she says: "All things whatsoever thou wilt, believe thou hast received, and thou shalt receive".

This life on the earth is a rare privilege. It is a blessed gift. For this one owes a gratitude to the Almighty, who has given a beautiful life to cherish, to feel around love, beauty, nature, thoughts, emotions, feelings, the visible and the invisible things of the universe. As Louise L. Hay and Friends in the book *Gratitude a Way of Life* says: "Life is a gift, and what you do with yours is completely up to you, be thankful for this gift and use it to heal this beautiful planet we live on, our mother Earth". Human beings crave for aesthetic pleasure and experiences which can be felt at deep level. The term gratitude holds a great significance. 'Gratitude' is an act of thankfulness or an art of conveying thanks to someone who has benefitted one in any manner. It emerges from the heart of one's being and at times expressed through words or through gestures or actions. It is a core of one's life. It gives one a way of life. As Daniel T. Peralta asserts the significance of gratitude as: "I think the words *thank you* are two of the most beautiful words in the language. They can light up someone's face and help the other person know that he or she is appreciated. It opens the door to our hearts and allows us to feel connected".

Life is a mixed blessing. The child is at gay in his childhood. In fact the happiest of times of one's life is his childhood days where every day brings new promises, thrill and is filled with excitement. Nothing can snatch joy from a

child. But with the passage of time when the child grows into an adult he is entrusted with many responsibilities and gets clouded by difficulties and problems. He has to fulfill the aspirations of the materialistic world and he craves for satiating desires of money, wealth, happiness, relationship. He gets deluded by the fact that one who owes great wealth in fact gets it more, there is no stoppage. And one who is already at shrink of wealth in fact loses that also. Rhonda Byrne opens up the magic for the people. She says that life's riddle is solved in this one word 'gratitude'. As Rhonda Byrne in *Magic* reveals: "The answer to the mystery that has deluded so many for centuries is in one hidden word: gratitude". She says one who always conveys "thanks" from the core of his heart for the things he possesses, everything adds more to his side and one who always complains about the things he does not possess and is not thankful for the things he possesses, he loses that which he thinks is too little for him. As Rhonda Byrne in *Magic* reveals: "Whoever has gratitude will be given more, and he or she will have abundance. Whoever does not have gratitude, even what he or she has will be taken away from him or her."

Rhonda Byrne opens up the new world and new way for the people of the world. The secret world opens magically to relationship, health, money, success through the laws of giving. The law of universe says that what one gives, one will receive that. The "giving" and "receiving" are the same. The Newton laws say that each force has equal and opposite reaction. The more one holds gratitude for the things of the world, the more one will be at the receiving end of receiving things and being grateful for that brings the state of joy to him. There is abundance in the world. The universe is a generous, abundant, giver and one has to apply ways to seek that abundance.

Things get tricky when one goes through rough patches or some hard lessons come by life, when a situation becomes difficult, when one is hit by tragedy then also one should always offer thanks to Almighty for a difficult situation. The Bible says: "Rejoice always, pray constantly, give thanks in all circumstances." (April 1, 2016, Times of India, Marguerite Theophill.) All the lessons, circumstances or situations should be seen as an opportunity to see an old, negative pattern, that lies within all and the secret is to learn, to transform those negative patterns, to heal it. This will lead to betterment of one's life. As Rhonda Byrne *Magic* comments: "First, as difficult it may be, you have to look for things to be grateful for in the negative situation. No matter how bad things are, you can always find something to be grateful for, especially when you know that your gratitude will magically transform every negative circumstance". Gratitude changes perception of one's lives. Difficult situation that seems intolerable and stuck could be transformed by the feeling of gratitude. It begins to lighten any situation or trauma or any event. One should see this as an opportunity to create change. When this happens depression dissolves, conflicts turn to harmony and stress is alleviated leading peace. When one offers thanks for the challenging situation or a circumstance he is in, and see it as a reason for imbibing wisdom and knowledge, the very act of gratitude transforms the negative experience into positive one. It makes one conscious and energizes one to take right decision. One needs to take out the best out of the worst. Sharon Huffman one of the eminent authors of the twenty first says "As soon as we feel gratitude, everything changes. It can transform a situation where you feel sadness and loss that, in turn, draws more sadness and loss to you, to one of joy and happiness. The *very same* situation is immediately transformed when viewed with a heart filled with gratitude.

People face turmoil in their lives when they face a difficult or broken relationship. It could be with anyone husband or wife, brother or sister, son or daughter, parent or brother, friend, partner, boss, business client and so on. In such a daunting circumstances or situation one holds total ungratefulness for the other person. One cannot show an iota of gratitude for the other person. There will be blamed, resentment, grudge, bad feelings, and hatred against each person. One

puts blame on other person for do's and don'ts. This blame game never improves any relationship but it only worsens the situation.

## CONCLUSIONS

Life is challenging. Future is unpredictable. It all lies within an individual. Everything rests on thought. They are the building blocks of life. The whole world, nation or society can be changed with just an idea or a thought. The law says 'What one thinks one becomes that'. The mind gets clouded by so many thoughts. If the mind is not able to identify a negative thought it may imprison one as once it is settled it may govern one's life. Whatever lies in the internal world is reflected outside. The choice to become happy or unhappy lies within oneself. Great thinkers of the world never get overpowered by negative thoughts of anxiety, anger, depression or worry. They have control within the self. First, it is necessary to heal the internal world that is mind, identify a negative thought that generates a feeling of conflict in the mind. So it becomes utmost necessary to align thoughts rightly. If one feels grateful and love for whatever circumstances or situation one is one is entangled in then one can attract favorable outcomes and experience happiness within. Money, position, success and relationships are just a stimulus in respond to positive thoughts. Happiness is emotional comfort that is to feel at ease within oneself. To create happiness, to lead a happy life is just a choice to make with the right thought.

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